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k i n t s u g i
PHYSICAL THERAPY & WELLNESS

Health & Wellness Newsletter



TURN AWAY FROM BACK PAIN!

**TIPS TO ALLEVIATE YOUR PAIN AND
IMPROVE YOUR SPINE HEALTH**



Take the first step to a healthier, stronger,
and more active you! Call today!

253.220.4317



TURN AWAY FROM BACK PAIN!

TIPS TO ALLEVIATE YOUR PAIN AND IMPROVE YOUR SPINE HEALTH

Are you tired of that nagging back pain that keeps you from enjoying life to the fullest? You're in luck because we are here to guide you to a healthier spine! With a few little steps and our expert guidance, you will soon be on your way to a life where back pain is a thing of the past.

Your journey to a healthier spine is a collaborative effort. At Kintsugi Physical Therapy & Wellness, we believe in working closely with you, listening to your concerns, and understanding your goals. After all, who knows your body better than you do? Together, we can work to ensure a future free of back pain.

Sometimes, the discomfort in your back may seem like a constant companion, refusing to part ways with you. Fortunately, with the right guidance and effort, you can find a way to alleviate your pain. So, let's take the first step on this promising journey together!

Understanding the Root Causes of Back Pain

The first step to saying goodbye to back pain is understanding what causes it. It might be due to a sedentary lifestyle, an old injury, or even just daily wear and tear. No matter the reason, understanding the root causes is your key to finding the solution.

The most common causes of back pain that our physical therapists frequently treat include the following:

- **Muscle Strain or Ligament Sprain:** Repeated heavy lifting or sudden awkward movements can strain the muscles and spinal ligaments. If you're in poor physical condition, constant strain on your back can cause painful muscle spasms.

- **Bulging or Ruptured Discs:** Discs, the cushioning between your bones, can bulge or herniate and press on a nerve.
- **Degenerative Disc Disease:** As we age, the discs between the vertebrae deteriorate, which can cause pain, especially if one disc is worn down significantly.
- **Spinal Stenosis:** This condition results from the narrowing of the spinal canal, putting pressure on the nerves and causing back pain.
- **Fibromyalgia:** Fibromyalgia is a chronic pain syndrome that causes muscle stiffness and fatigue, including back pain.

Remember, it is always advised to consult with our physical therapist for personalized advice. We'll work with you to identify the exact cause of your back pain and suggest appropriate treatments to ensure you get the results you deserve!

Continued inside.

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Simple Yet Effective Strategies: Your Road to a Healthy Spine Tailored Treatment Plans

At the beginning of your healing journey, you'll meet with one of our physical therapists who are like detectives for your body. They'll chat with you, learn about your pain, and do a thorough physical examination to determine what's causing your back troubles.

Once they've gathered all the clues, they craft a personalized treatment plan just for you! This isn't a one-size-fits-all deal; it's tailored to suit your unique needs, helping you bounce back quicker and stronger and includes the following:

- **Manual Therapy:** Your therapist uses their hands to gently massage and mobilize your back, easing those tight muscles and helping you relax.
- **Mobility Work:** Your therapist will guide you through movements that help increase the mobility of your back.
- **Targeted Stretches:** Your therapist will show you the right ways to stretch, helping you loosen up those stiff areas and feel great.
- **Strengthening Exercises:** With a series of strengthening exercises, your therapist will teach you how to build a strong, resilient back to handle the stresses of your day-to-day life.

Remember, your Kintsugi Physical Therapy & Wellness therapists are there with you at every step, cheering you on, answering your questions, and tweaking your plan to ensure you get the best results.

So, are you ready to wave goodbye to back pain and usher in a life of comfort and joy? Give us a call!

Ready to Wave Goodbye to Back Pain?

With personalized care and proven strategies, our dedicated physical therapists are here to guide you on your road to recovery. It's time to reclaim the joy of living without the shadow of back pain looming over you.

Don't let back pain dictate your life's story. Reach out to Kintsugi Physical Therapy & Wellness to learn how physiotherapy can be the first step towards a back pain-free life!

Call today to make an appointment!



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CHOCOLATE SHAMROCK SHAKE!



INGREDIENTS

- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- Scant 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- Sweetener of choice, (as desired)
- Chocolate chips, (optional)

DIRECTIONS: Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!

EXERCISE TO TRY AT HOME

HIP FLEXOR STRETCH – EDGE OF TABLE

Start seated with your butt on the edge of the table. Lie back so that your head is on a pillow and pull both knees to your chest. Slowly lower the leg you want to stretch and straighten it so it hangs off the table. Hold for 30 seconds.



PT WIRED
www.ptwired.com

TIPS FOR STRENGTHENING YOUR CORE

If you've been troubled by that nagging back pain, we've got some good news for you. Sometimes, the road to recovery is as simple as strengthening your core.

The term "core" refers to a group of muscles in your lower back and abdomen. These muscles are like the supporting pillars of your spine, helping you to maintain a good posture, balance, and function. Research has shown that a strong core may protect against back pain.

Some of the most effective core exercises our expert therapists often recommend are ones you can do right at home, including:

The Bird Dog:

This exercise helps in improving stability and balance. Here's how you can do it:

- Start with a hands-and-knee position, keeping your hands under your shoulders and knees under your hips.
- Extend one arm forward and the opposite leg backward at the same time, while keeping your spine straight.
- Hold the position 3-5 seconds before returning to the starting position and alternating to the other side.
- Repeat for 10 repetitions.

The Plank:

This is a great all-round exercise that engages your whole core! Here's how to nail it:

- Start on your hands and knees.
- Extend one leg back then the other so you are in a push-up position, keeping your body straight from head to heels.
- Hold this position for 10-30 seconds without letting your hips drop.
- Repeat 3-5 times.

Bridges:

Bridges are perfect for strengthening your lower back and glutes. Here's how they're done:

- Lie on your back with your knees bent and feet flat on the ground.
- Lift your hips towards the ceiling, squeezing your glutes at the top.
- Hold for 10-30 seconds before lowering your hips back down.
- Repeat 10-20 repetitions.

Not only do these exercises promise to strengthen your core, but they also can help lead to a pain-free back. Remember, consistency is the key, so make it a part of your daily routine.

Ready to kick that back pain to the curb?

Our friendly physiotherapists at Kintsugi Physical Therapy & Wellness are here to assist you with more personalized strategies and treatments that are just right for you.

Why wait? Give us a call now and start on your journey to a healthier, happier spine. Together, we can make back pain a thing of the past!

...e and repair are seen as a part of
...ory, which ...auty and



PATIENT EXPERIENCE

TIM'S STORY

"My back has become much stronger!"

Scan the QR code to see Tim's story on our Testimonial Page and hear in his own words how Kintsugi Physical Therapy helped him.



We want to hear your PT Success Story!

We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!

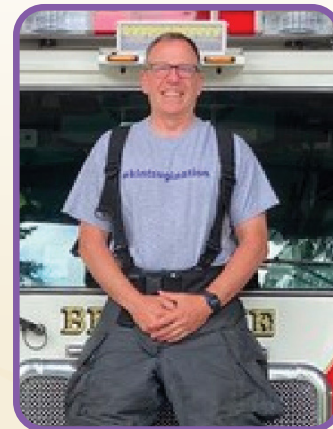
Just scan the QR code and visit our review page.

Thank You!

PAST PATIENTS DOING WHAT THEY LOVE

Wearing Kintsugi PT t-shirts.

Send us your pics wearing our shirt and you may see yourself in the newsletter.



Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

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